



Northern Combat Martial Arts Association

AMATEUR KICKBOXING RULES

The rules issued by the Northern Combat Martial Arts Association and detailed below, pertain to amateur kickboxing contests and events and are intended to protect the integrity of the sport and the safety of participants.

1. WEIGH-IN

The weigh-in must be completed before the first match.

Weigh-ins should not be conducted in an area where alcohol is being served or consumed.

2. COMPETITION AREAS

- 2.1 Kickboxing competitions shall be held inside a ring.
- 2.2 The components that form the enclosure, including all side protections and ropes, must be inspected for suitability and safety prior to the first match.
- 2.3 If a ring is used, each side of the squared boxing ring (the length of the rope on one side) should be a minimum of 4.5 metres (14' 9") and a maximum of 6.0 metres (19' 8"). It shall consist of at least four ropes.
- 2.4 The minimum diameter of each of the four ropes shall be 2.5 cm (1 inch).
- 2.5 The lowest rope should be placed 33 cm (13 inches) above the platform, while the top rope should be placed no more than 1.30 metres (51 inches) above the platform.

- 2.6 All ropes must be covered with soft tightly fitted materials.
- 2.8 The ring should not be more than 1.2 metres (47 inches) above the floor of the building and shall have suitable steps or ramp for use by the participants. Posts shall be made of metal not more than 15 cm (6 inches) in diameter, extending from the floor of the building to a minimum height of 1.4 metres (55 inches) above the fighting area canvas and shall be properly padded in a manner approved by the Promoter.
- 2.10 A ring stool of a type approved by the Promoter shall be available for each contestant.
- 2.11 An appropriate number of stools or chairs, of a type approved by the Promoter, shall be available for each contestant's seconds. Such stools or chairs shall be located near each contestant's corner.
- 2.12 All stools and chairs used must be thoroughly cleaned or replaced after the conclusion of each match.
- 2.13 For each match, the promoter shall provide a clean water bucket and a clean plastic water bottle in each corner.
- 2.14 All corner posts and protrusions in a ring or cage must be adequately covered in order to avoid possible injuries.

3. TECHNICAL ZONE

- 3.1 The technical zone is defined as all tables and chairs immediately against the competition ring or cage.
- 3.2 All seating in the technical zone is subject to the approval of the Promoter.
- 3.3 Raised chairs will be supplied for three judges and these chairs will be separated from other spectators or participants.

4. CONSUMABLES

Only water in a sealed bottle approved by the Promoter may be consumed during the match. The use of banned substances is grounds for disqualification and administrative disciplinary action. Energy drinks may not be consumed prior to, or during a match nor may any additives or substances be added to the water.

5. REFEREES

These articles set forth the basic duties of referees. Referees must also fulfill conditions, requirements, and duties set forth in other official documents related to referees.

- 5.1 All referees are required to be licensed by the NCMA.
- 5.2 All referees must meet continuing education standards to retain certification.

It is the referee's responsibility to report any possible conflict of interest to the Promoter or Promoter's representative.

6. REFEREE OVERSIGHT

The Promoter or Chief Supervisor shall be responsible for managing all referees and supervising the work in all competition areas and/or rings.

7. REFEREE ATTIRE

- 7.1 Referees shall wear a black shirt, black trousers, and black athletic shoes. Shirts will be tucked into trousers at all times.
- 7.2 To minimize injuries, referees may not wear any jewelry, watches, pens, large belt buckles, hard soled shoes, etc.
Note: judges are exempt from this rule since no body contact with contestants is possible.
- 7.3 The use of medical gloves is required.

8. RULES OF CONDUCT INSIDE AND OUTSIDE THE RING

- 8.1 It is the duty of every contestant to show fair play in the ring. Should a contestant not be ready to continue the match, because his or her safety equipment is not working properly or for other reasons, he or she shall retreat one step and raise one arm.
- 8.2 Should a contestant be sent down for the count or in any other way be incapacitated, his or her opponent shall immediately retreat to the nearest neutral corner and wait for the referee to signal that the match can proceed again.

- 8.3 When a contestant receives a warning or a reprimand from the referee, he or she must put his/her gloves up in guard position and bow toward the referee to indicate that he or she has understood the reason for the warning or reprimand.
- 8.4 At the conclusion of the match the contestants shall approach the referee, standing in the centre of the ring, and there, with one contestant on each side of the referee, await the speaker's announcement of the decision. The referee shall then raise the arm of the winner.
- 8.5 After the match the contestants shall salute each other and each other's seconds, after which both contestants shall bow to the referee in recognition of his or her efforts.
- 8.6 Violation of rules and regulations, or infringements of the unwritten laws of good sportsmanship and fair play may lead to a warning or disqualification for a period of time, depending on the seriousness of the violation or infringement.

9. WEIGHT CLASSES

The following weight classes shall be used for all amateur kickboxing events.

MEN AND WOMEN

	WEIGHT	WEIGHT in lbs.	WEIGHT in kg.	MAXIMUM WEIGHT	GLOVE SIZES	CLASS	SPREAD
Strawweight	Under 108.1 lbs.	Under 49.09 kg	5 lbs. / 2.27 kg	10 oz.			
Atomweight	108.1 - 112 lbs.	49.13 - 50.90 kg	5 lbs. / 2.27 kg	10 oz.			
Flyweight	112.1 - 117 lbs.	50.95 - 53.18 kg	5 lbs. / 2.27 kg	10 oz.			
Bantamweight	117.1 - 122 lbs.	53.22 - 55.45 kg	5 lbs. / 2.27 kg	10 oz.			
Featherweight	122.1 - 127 lbs.	55.50 - 57.72 kg	5 lbs. / 2.27 kg	10 oz.			
Lightweight	127.1 - 132 lbs.	57.77 – 60.00 kg	5 lbs. / 2.27 kg	10 oz.			

LightweightSuper 10 oz.		132.1 - 137 lbs.	60.04 - 62.27 kg	5 lbs. / 2.27 kg
WelterweightLight 10 oz.		137.1 - 142 lbs.	62.31 - 64.54 kg	5 lbs. / 2.27 kg
Welterweight	142.1 - 147 lbs.	64.59 - 66.80 kg	7 lbs. / 3.2 kg	10 oz.
WelterweightSuper 10 oz.		147.1 - 153 lbs.	66.90 - 69.50 kg	7 lbs. / 3.2 kg 10
MiddleweightLight	153.1 - 159 lbs.	69.60 - 72.30 kg	7 lbs. / 3.2 kg	10 oz.
Middleweight	159.1 - 165 lbs.	72.40 - 75.00 kg	7 lbs. / 3.2 kg	10 oz.
MiddleweightSuper	165.1 - 172 lbs.	75.10 - 78.20 kg	7 lbs. / 3.2 kg	12 oz.

WEIGHT CLASS	WEIGHT in lbs.	WEIGHT in kg.	MAXIMUM WEIGHT SPREAD	GLOVE SIZES
Light Heavyweight	172.1 - 179 lbs.	78.30 - 81.40 kg	7 lbs. / 3.2 kg	12 oz.
Light Cruiserweight	179.1 - 186 lbs.	81.50 - 84.50 kg	7 lbs. / 3.2 kg	12 oz.
Cruiserweight	186.1 - 195 lbs.	84.60 - 88.60 kg	12 lbs. / 5.5 kg	12 oz.

Super Cruiserweight	195.1 - 215 lbs.	88.70 - 97.70 kg	20 lbs. / 9.1 kg	12 oz.
Heavyweight	215.1 - 235 lbs.	97.80 - 106.80 kg	20 lbs. / 9.1 kg	12 oz.
Super Heavyweight	235.1 and over	106.80 kg and over	No Limit	12 oz.

- 9.1 A 0.45 kg (1 lb) tolerance will be given in non-championship matches. No tolerance shall be given to contestants in championship matches.
- 9.2 Contestants may have one hour to make weight should they be overweight upon weigh-in.
- 9.3 Contestants who weigh in over their agreed upon weight by 3% or more of their total body weight (as modified by the 0.45 kg (1 lb) allowance for nontitle fights if applicable) will not be granted any time to try and make weight.
- 9.4 The Promoter or representative may allow an overweight contestant to participate in a catch weight match if both contestants agree to participate and if the difference in weight between unarmed contestants does not exceed the Maximum Weight Spread allowance shown in the chart above. This allowance does not apply to contestants under 19 years of age.
- 9.5 If one or both contestants do not make the agreed upon weight, the match may not be a title fight, may not be more than the normal number of rounds for a non-title fight, and no belt or title may be awarded.

10. MEDICAL REQUIREMENTS

In order to compete, all contestants must be licensed, and must comply with NCMA medical requirements.

11. CONTESTANTS

11.1 GENERAL

- a. Contestants must be in good physical shape and have a good sportsmanlike attitude.
- b. Contestants must be well groomed and presentable.
- c. Contestants' nails, on hands and feet, must be cut short.
- d. Contestants' hair must be freshly washed and not have any gel or hair products. Hair of a length that could pose a problem during the match (i.e. shoulder length or more), must be tied back with a soft tie.
- e. All contestants shall be clean.
- f. It is the sole prerogative of the referee to decide whether hair on a contestant's head or face (moustaches, sideburns, beards or a combination of these) poses a safety hazard to the contestants, or an obstacle to the unhindered observation of the match. The referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net or soft hair tie.

- g. Excessive use of grease or similar substances is prohibited. All gels or greases must be applied in the presence of the referee at ringside.
- h. Liniments are not allowed.
- i. Contestants are prohibited from wearing any type of jewelry or piercing accessories during competition.

11.2 CLASSIFICATION OF CONTESTANTS

Officials shall verify that contestants compete in their proper weight and experience classes.

- a. **Novice Amateur Class:** Any contestant who has less than three completed verifiable matches.
- b. **Advanced Amateur Class:** Any contestant competing in their fourth or greater verifiable matches.
- c. No person will compete in any sanctioned NCMA event unless they are 18 years or older on the day of the match.
- d. No person under the age of 19 will compete against an individual greater than one year older than them.
- e. All persons under 19 are considered novice class regardless of the number of matches they have participated in.
- f. Any match where one fighter has 3 or fewer completed verifiable matches will be contested under Novice rules
- g. Any match where one fighter is under 19 will be contested under Novice rules

11.3 ATTIRE

For kickboxing, contestants shall wear pants. Males shall not wear any upper body covering. Females must also wear a sports or athletic top or bra.

11.4 EQUIPMENT FOR CONTESTANTS

All contestants must be equipped in all classes with approved safety equipment in the form of padded protectors:

- a. An individually fitted groin-protector is mandatory for male contestants in all age class disciplines and recommended for female contestants.
- b. An individually fitted breast-protector is recommended for females in all age classes.
- c. Foot protectors and shin guards with instep protection are mandatory for all novice contestants. A shin guard must cover the shinbone from under the knee to the top of the feet. Foot protection covers the upper part of the foot (instep), lateral and medial malleolus and heel – all in one piece – with open sole of the foot. They must be long enough (adequate size) to completely cover the competitor's feet and toes. The front part of the foot protection is fastened by elastic strips for the big and second toes. Foot protection is fastened to feet with elastic selfadhesive strips on the back of feet, above the heel and may be taped in place.
- d. Individually fitted head-protector (helmet), which must also cover the top of the head, are mandatory for all novice contestants.
- e. Individually fitted mouth guards are required for all contestants.
- f. Bandaging of each contestant's hands shall not exceed 9.14 metres (30 feet) of surgeon's adhesive tape, not over 3.8 cm (1.5 inch wide), placed directly on the hand to protect the part of the hand near the wrist. The tape may cover the hand but not extend within 1.9 cm ($\frac{3}{4}$ inch) of the knuckles when the hand is clenched to make a fist.

- g. Soft surgical bandage, not over 5 cm (2 inches) wide and a maximum of 18.28 metres (20 yards) long per hand shall be used. Strips of tape may be used between the fingers to hold down the bandages, not to cover the knuckles.
- h. Bandages shall be applied in the dressing room in the presence of a NCMA official.
- i. A contestant must place a layer of tape over the closures of his or her gloves and foot protectors in order to hold them in place. The tap must be the appropriate colour for the contestant's corner.
- j. Gloves of the same style/brand are required for all contestants competing in the same discipline.
- k. Contestants may wear cloth, tape, or neoprene sleeves on their ankles or knees providing the padding over the instep of the ankle sleeve is not greater than 6 mm (¼ inch) thick, but may not wear any other type of brace or support or padding.

12. SECONDS

- 12.1 A second may submit on behalf of his or her contestant if he/she deems it irresponsible to let the match continue. A second shall throw in a towel to indicate they are submitting on behalf of their contestant.
- 12.2 Prior to every event the head referee shall call a meeting with all judges, referees and seconds to clarify any questions about rules, regulations and the general proceedings of the tournament. No rules can be changed during this meeting.
- 12.3 Seconds shall support and advise their contestants during the intermission between rounds. Seconds shall remain seated during rounds. Nothing, including seconds' hands, water bottles, and the like, shall rest on the ring apron during the round. Each contestant may have three seconds, only one of whom may enter the ring during the break.
- 12.4 During the rounds, none of the seconds may enter the ring or in any other manner hinder or disturb the proper proceeding of the match. Seconds

shall comply with any and all directions given by the referee or supervisor or other NCMA staff. Prior to each round the seconds must remove buckets, stools, towels and the like from the ring and ring apron, and if necessary, wipe the floor clean of water. The seconds shall have at their disposal a towel, a sponge, water and grease for the contestant.

- 12.5 During the rounds the seconds may give advice, help, or encourage a contestant only in a sportsmanlike manner. Should a second violate this rule the referee can issue a warning, expel the second, or disqualify the contestant. A second who has been expelled may not function as second in the remaining part of the event and may be subject to further sanctions from the NCMA.

13. PRO SHOWS: PHYSICIANS, PARAMEDICS, AND AMBULANCES

- 13.1 Every pro match must have one licensed physician in attendance at ringside. The attending physician must be licensed to practice medicine in. Any and all directions and/or orders from the attending physician must be immediately obeyed.
- 13.2 Primary Care Paramedics and an ambulance licensed to transport an injured party to the closest emergency hospital must be available at all times during an event. The ambulance must be fully stocked with required equipment such as, but not limited to; a stretcher, automatic defibrillator, and oxygen with appropriate delivery equipment, bandages, airway gear, bag-valve-mask, and spinal immobilization equipment.
- 13.3 No match may start or proceed before the attending physician is in place at ringside.
- 13.4 The physician has the right to interrupt a match by engaging the timekeeper to sound a whistle or other device (excluding the bell) if he or she thinks a contestant is in danger and the referee has not stopped the match.
- 13.5 Once the referee calls time out and pauses the competition, or the physician has made it known that they want to pause the match in order to examine a contestant, the physician must enter the ring and examine the contestant, or examine the contestant from the ring apron, in order to provide advice to the referee on whether or not to stop the match.

13.6 In case of an injury, no one, not even a contestant's second, may attempt to aid a contestant during a round before the attending physician has had the opportunity to examine the injured contestant. If the physician enters the ring, he or she must examine the presumed injury and then decide whether or not the match should continue. The physician's examination must take place inside the ring and must not exceed more than five minutes. Any kind of treatment of the contestant is forbidden until the decision to terminate the match is made. Should five minutes be insufficient, the referee shall stop the match and, should it be appropriate subject to these rules, declare the injured contestant's opponent the winner.

13.7 Physicians' decisions are final.

14. MATCH

A match starts when the referee gives the command to begin the first round, and it finishes when the referee stops the match in the last round. Only the contestants and the referee may be present in the ring during rounds. If any other person enters the ring, the referee may decide that the match is immediately over and cannot continue again.

15. ROUND NUMBER AND LENGTH

15.1 In all events, matches shall consist of not more than five, two minute rounds with a one minute break between rounds unless otherwise approved by the Promoter.

15.2 Novice amateur class matches may not exceed three rounds.

16. SCORING RULES

There shall be three judges for each match. The judges shall score all matches and determine the winner through the use of the 10-Point Must System. In this system the winner of each round receives 10 points and the opponent receives a proportionately smaller number. Under no circumstances shall a judge award the loser of each round fewer than seven points. If a round is judged even, each contestant shall receive 10 points. No fraction of points may be given.

The following objective scoring criteria shall be utilized by the judges when scoring a round;

- 16.1 A round is to be scored as a 10-10 Round when both contestants appear to be fighting evenly and neither contestant shows dominance in a round;
- 16.2 A round is to be scored as a 10-9 Round when a contestant wins by a close but clear margin, landing the greater number of effective legal strikes and other maneuvers;
- 16.3 A round is to be scored as a 10-8 Round when a contestant wins a round by a wide margin and damages his or her opponent.
- 16.4 A round is to be scored as a 10-7 Round when a contestant totally and completely dominates in a round and damages his or her opponent.

17. SCORING RULES

17.1 Judging Criteria Priority

Judges will score each round based on points awarded in the following priority:

- a. Number of knockdowns
- b. Cumulative damage inflicted on the opponent
- c. Number of clean strikes scored
- d. Ring control / aggressiveness

The criteria higher on the list will take precedent in scoring over criteria lower on the list

17.2 Scoring of incomplete rounds

There should be scoring of an incomplete round. If the referee penalizes either contestant, then the appropriate points shall be deducted when the scorekeeper calculates the final score for the partial round. Judges should note penalties on their score cards but not deduct the penalty from their round totals.

18. LEGAL TECHNIQUES

The following techniques are legal:

- 18.1 All forms of boxing in combination with kicks above the waist to the body and the head
- 18.2 Roundhouse, or otherwise hooking, kicks to inside and outside of the legs
- 18.3 Rear (reverse) kicks to the body or the head, as well as spinning back kicks to the body and to the head
- 18.4 Knee strikes to the body – note that limited clinching (or neck wrestling) is permitted for the purpose of executing knee strikes for up to 3 seconds
- 18.5 Catching an opponent's kick and executing one step and/or one attack
- 18.6 Foot sweeps using the top of the foot only
- 18.7 Spinning back fist – this technique must be executed with the padded knuckle section of the glove, not the bottom of the fist; any attempt that lands with the forearm or elbow will result in at least a 1-point deduction. Note – spinning back fists are not permitted in Novice matches (as per 19.11)

19. ILLEGAL TECHNIQUES (FOULS)

The following techniques are illegal:

- 19.1 Any form of butting with the head
- 19.2 All forms of biting
- 19.3 Strikes of any kind to the groin
- 19.4 Intentional strike to the back and to the back of the head
- 19.5 All types of strikes with the elbow
- 19.6 Any strike, blow or punch executed with the palm side of the glove or thumb
- 19.7 All attacks (strikes, punches, kicks) against the joints including any kick targeting the knees
- 19.8 Any linear kick to the leg
- 19.9 Any knee strike to the head
- 19.10 Attacking a downed opponent or an opponent who touches the floor with any part of their body other than the soles of their feet
- 19.11 Spinning back fists in the Novice division
- 19.12 Holding the opponent and throwing any form of punch
- 19.13 Any form of holding the opponent to stall the action
- 19.14 Holding an opponent's shorts or clothing

- 19.15 Holding the ropes and attacking an opponent, including in clinching situations
- 19.16 Any kind of throwing, excluding foot sweeps
- 19.17 Spitting out one's tooth protector (gum-shield) or otherwise intentionally delaying the contest through improper equipment
- 19.18 Intentionally stalling or avoiding contact
- 19.19 Attacking on the break after both fighters have been instructed to stop action by the referee and before the referee has directed the fighters to resume the match
- 19.20 Attacking after the bell has sounded to end the round
- 19.21 Any abusive or un-sportsmanlike conduct

20. BOUT RESULTS

20.1 Knockout (KO)

- a. When an opponent is unable to regain his/her feet prior to the count of 10.
- b. When any contestant falls out of the ring to the floor, the referee shall count immediately.
 - i. If the count reaches 20 (10 if the contestant is on the ring apron and not the floor) and the fallen contestant has not returned to the ring, he/she will lose by KO
 - ii. If the fallen contestant can return to the ring before the referee counts to 20 (or 10 for contestant on ring apron), he/she may continue the fight.

20.2 Technical Knockout (TKO)

- a. When the referee orders the fight stopped because it is determined that one contestant is not fit to continue.
- b. When a contestant cannot answer the bell for the upcoming round or is so badly injured that it is dangerous to continue.

20.3 Submission (SUB)

- a. When one contestant notifies the referee that he/she no longer wishes to continue.
- b. When a licensed second assigned to a contestant throws in the towel.

20.4 Decisions

The following table illustrates the results when going to the judges' scorecards:

Judge 1	Judge 2	Judge 3	Type	Winner
			Unanimous	Red
			Split	Red
DRAW			Majority	Red
DRAW	DRAW		Majority	Draw
	DRAW		3-Way Split	Draw
	DRAW	DRAW	Majority	Draw
DRAW	DRAW	DRAW	Unanimous	Draw
		DRAW	Majority	Blue
			Split	Blue
			Unanimous	Blue

20.5 Disqualification

Due to an intentional foul(s), a referee may disqualify a contestant and award the win to the fouled contestant regardless of what round the match is in.

20.6 Technical Draw

In the case of an intentional violation which causes injury AND the fight is continued BUT is later stopped because of the initial foul, the referee should stop the fight and give a technical draw

- a. If the scores are equal OR
- b. If the fouled contestant is behind on the cards.

20.7 Technical Decision

- a. In the case of an unintentional violation which causes injury AND the fight is continued BUT is later stopped because of the initial foul, the referee should declare a victory for the fouled contestant if he or she is ahead on the score cards.
- b. If a fight cannot continue due to an unintentional foul but enough rounds have been completed, the referee shall declare a victory for the contestant ahead on the score cards. The match must be more than ½ completed (e.g. past 1 minute of the second round of a three round match). If the match has not progressed to this point, the match is declared a 'No Contest'.

20.8 No Contest

In the case of an unintentional violation which causes injury so serious that the fight cannot be continued BUT less than half of the scheduled match duration has been completed.

20.9 Victory by Walkover

If one contestant is present in the ring and ready to compete and his or her opponent fails to show after their name has been called over the loudspeaker, the referee shall signal the referee's table to begin the running of two minutes. If the opponent has not entered the ring within the two minute time limit, the timekeeper shall strike the gong to signal that the match has been stopped. The referee shall then announce the contestant who was first in the ring and declare him or her the winner by "walkover".

The judges shall note this on their scorecards, which shall then be collected. The referee shall then summon the contestant, who has won by walkover to the centre of the ring, and after the announcement of the decision, raise his or her hand and declare him/her the winner.

20.10 Victory by Referee Stoppage

The referee may stop a match if the referee believes that a contestant is clearly overmatched and will face unnecessary punishment in the ring. The scorekeeper will record this as a TKO.

20.11 MATCHES ENDED BY FOUL (further clarification)

If one contestant is injured and the match is declared over because of an intentional foul (regardless of what round it is) the fouled contestant is declared the winner.

In the case of an unintentional foul when one contestant cannot continue, the judges must tally their scorecards and the contestant with the greatest number of points shall be declared the winner. The match must be in the second round of a three round match (the second round has actually started) and in the fourth round of a five round match. If the match has not progressed to this point, the match is declared a 'No Contest'.

If both contestants are injured or knocked out simultaneously, and neither is able to continue the match, the result shall be a draw. Should this situation occur prior to the second round of a three round match or the fourth of a five round match, the match shall be declared 'No Contest' and no winner shall be declared.

21. WARNINGS, FOULS, AND POINT DEDUCTIONS

21.1 Calling of Fouls

- a. Calling of fouls, issuing warnings, point deductions, and disqualifications is at the sole discretion of the referee. Fouls may result in a warning, a deduction of one or two points, or disqualification. The referee will base his/her decision on the severity of the foul and the intent of the fouling contestant.

The referee will consider the following:

- i. A contestant who violates the rules intentionally but does not put the opponent at a disadvantage or injure him/her shall be given one warning or be assessed a one point deduction.
- ii. A contestant who violates the rules intentionally and puts the opponent at a disadvantage or makes him/her unable to continue the fight shall be disqualified and lose the fight.
- iii. In case of an unintentional violation, the referee shall give no more than two warnings before assessing a point deduction.

- b. In the case of a serious violation, the referee shall stop the match and issue a warning. The warning shall be issued clearly and in such a manner that the offending contestant understands the reason for the warning. The referee shall clearly indicate which contestant has received the warning by pointing his or her hand. Following a warning the referee shall let the match proceed.
- c. The referee has the opportunity to immediately give a contestant a point deduction in the case of a clear and brutal foul. After two point deductions in a match, the contestant shall be disqualified immediately, simultaneously with the second point deduction being issued.
- d. The warnings and point deductions are given for the use of all illegal techniques or prohibited actions committed by the contestant. Warnings and point deductions can also be given for prohibited actions committed by the contestant's coach and/or seconds.
- e. The referee is responsible to award all warnings and point deductions. All deductions will be tracked and tallied by the scorekeeper, not by judges. Judges will note a point deduction on their scorecards but will not deduct it from their totals.

21.2 FOUL PROCEDURES

If a foul is committed, the referee shall:

- a. Call time;
- b. Check the fouled contestant's condition and safety; and
- c. Bring the offending fighter to the center of the ring and indicate the point deduction to each judge and scorekeeper individually
- d. The referee may terminate a match based on the severity of a foul. For such a flagrant foul, a contestant shall lose by disqualification

21.3 TIME CONSIDERATIONS FOR FOULS a. Low Blow Foul

A contestant who has been struck with a low blow is allowed up to five minutes to recover from the foul as long as, in the ringside physician's

opinion, the contestant may possibly continue on in the match. If the contestant states that they can continue on before the five minutes of time have expired, the referee shall, as soon as practical, restart the fight. If the contestant goes over the five minute time allotment the fight cannot be restarted and the match must come to an end with the outcome determined by the round and time in which the fight was stopped.

b. Non-Low Blow Foul

If a contestant is fouled by a blow that is not a low blow, the referee should stop the action and call for time. The referee may take the injured contestant to the ringside physician and have the ringside physician examine the contestant as to their ability to continue on in the match. The ringside physician has up to five minutes to make their determination. If the ringside physician determines that the contestant can continue in the match, the referee shall, as soon as practical, restart the fight.

However, unlike the low blow foul rule, the contestant does not have up to five minutes of time to use at their discretion.

If the contestant is deemed not fit to continue by the referee or ringside physician, the referee must immediately call a halt to the match. If the contestant is deemed fit to continue by the referee or ringside physician, then the match will resume.

If the referee stops the match and employs the use of the ringside physician, the ringside physician's examinations shall not exceed five minutes. If five minutes is exceeded, the fight cannot be restarted and the match must end.

c. Intentional Foul

If the referee determines that a match may not continue because of an injury caused by an intentional foul, the contestant who committed the intentional foul loses by disqualification.

If the referee determines that a match may continue despite an injury caused by an intentional foul, the referee shall immediately inform the Commission's representative and the judges. The referee may also deduct up to two points from the score of the contestant who committed the intentional foul.

Before the match begins again, the referee shall inform the Promoter of his/her determination that the foul was intentional.

d. Unintentional Foul

If a match is stopped because of an unintentional foul, the referee shall determine whether the contestant who has been fouled can continue or not. If the contestant's chance of winning has not been seriously jeopardized as a result of a foul and, if the foul did not involve a concussive impact to the head of the contestant who was fouled, the referee may order the match to continue after a reasonable interval.

Before the match begins again, the referee shall inform the Promoter of his/her determination that the foul was unintentional.

22. KNOCKDOWNS

22.1 Definition

A contestant shall be deemed to be down when:

- a. Any part of his or her body other than his/her feet is on the floor as the result of being struck by a clean, legal strike; or
- b. He or she is hanging over the ropes without the ability to protect himself or herself and he/she cannot fall to the floor.

A referee may count a contestant out if the contestant is on the floor or is being held up by the ropes.

22.2 Standing 8 Count

- a. Upon determining that one fighter is taking significant damage and/or not fighting back against the opponent, the referee may stop action, step in, direct the opponent to a neutral corner, administer a standing 8 count to the fighter, and assess the fighter's ability to continue.
- b. A standing 8 count is considered the same a knockdown.

22.3 Procedure for counting, knockdown, knockout, technical draw

- a. When a contestant is knocked down, the referee shall order the opponent to retire to the farthest neutral corner of the ring, by pointing to the corner, and shall immediately begin the count over the contestant who is down. The referee shall audibly announce the passing of the seconds, accompanying the count with motions of his or her arm, with the downward motion indicating the end of each second.
- b. The timekeeper, by effective signaling, shall give the referee the correct one second interval for his or her count. The referee's count is the official count. Once the referee picks up the count from the timekeeper, the timekeeper shall cease counting.
- c. No contestant who is knocked down may be allowed to resume competing until the referee has finished counting to eight. The contestant may take the count either on the floor or standing.
- d. If the opponent fails to stay in the farthest corner, the referee shall cease counting until he/she has returned to his/her corner and shall then go on with the count from the point at which it was interrupted. If the contestant who is down arises before the count of 10, the referee will step between the contestants long enough to assure himself/herself that the contestant who has just arisen is in condition to continue. If so assured, he/she shall, without loss of time, order both contestants to go on with the match. During the intervention by the referee, the striking of a blow by either contestant may be ruled a foul.
- e. When a contestant is knocked out, the referee shall perform a full 10 second count unless, in the judgment of the referee, the safety of the contestant would be jeopardized by such a count. If the contestant who is knocked down is still down when the referee calls the count of 10, the referee shall wave both arms to indicate that he/she has been knocked out.
- f. If both contestants go down at the same time, the count must be continued as long as one is still down. If both contestants remain down until the count of 10, the match must be stopped and the decision is a technical draw.
- g. If a contestant is down and the referee is in the course of counting at the end of a round, the bell indicating the end of the round must not be sounded, but the bell must be sounded as soon as the downed contestant

regains his or her feet and demonstrates the ability to continue to the referee.

- h. When a contestant has been knocked down before the normal termination of a round and the round terminates before he or she has arisen from the floor of the ring, the referee's count must be continued. If the contestant who is down fails to arise before the count of 10, he/she is considered to have lost the match by a knockout in the round that was just concluded.
- i. If a legal blow struck in the final seconds of a round causes a contestant to go down after the bell has sounded, that knockdown must be regarded as having occurred during the round just ended and the appropriate count must continue.

22.4 3-Knockdown Rule, Novice 2-Knockdown Rule

- a. Any fighter who is knocked down 3 times in a single round will lose the contest by TKO.
- b. In Novice matches, any fighter who is knocked down 2 times in a single round will lose the contest by TKO.
- c. As per 22.2 a, the 3-knockdown rule (and 2-knockdown rule for Novice matches) will apply as the result of a combination of knockdowns and/or standing 8 counts.

22.5 Procedure when a contestant has fallen through or been knocked through ropes

- a. A contestant who has been knocked or has fallen through the ropes and over the edge of the ring platform during a match:
 - i. May be helped back by anyone except his/her seconds or manager; and
 - ii. Will be given 20 seconds to return to the ring.
- b. A contestant who has been knocked or has fallen on the ring platform outside the ropes, but not over the edge of the ring platform:
- c. May not be helped back by anyone, including, without limitation, his/her seconds or manager; and

- d. Will be given 10 seconds to regain his/her feet and get back into the ring.
- i. If the seconds or manager of the contestant who has been knocked or has fallen pursuant to subsections 1 and 2 helps the contestant back into the ring, such help may be cause for disqualification.
- ii. When one contestant has fallen through the ropes, the other contestant shall retire to the farthest corner and stay there until ordered to continue the match by the referee.
- e. A contestant who deliberately wrestles or throws an opponent from the ring, or who hits an opponent when he or she is partly out of the ring and he/she is prevented by the ropes from assuming a position of defense, may be penalized.

23. APPEALS AND ALTERATION OF DECISIONS

- 23.1. The scoring of the judges is final.
- 23.2. Appeals against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.
- 23.3. A judge's decision, given at the conclusion of any match shall be binding and may be altered only in the event that the Promoter deems that one of the following circumstances has occurred:
 - a. A conspiracy has taken place or an illegal agreement has been entered into that affects the result of the match.
 - b. The addition of the scorecards is faulty or one judge has mixed up the corners, resulting in the victory being given to the wrong contestant.
 - c. A clear violation of the rules or directly affecting the outcome of the match regulations (not including conduct of the match in the ring) has been perpetrated. Inside the ring, the decision of the referee will remain the final decision.

- 23.4. Appeals shall be directed, in writing, to the office of the Promoter and shall state the reason in a proper manner for the appeal along with any supporting evidence that a wrong decision has been made.
- 23.5. The Promoter will decide on the appeal after hearing evidence from the appealing side and the referees concerned.

24. VARIANCES

These rules may be varied, at the discretion of the Promoter, when such variance is applied for in writing in advance of the competition.